



Achieve Your Goals

FASTLANE
FITNESS

VOLUME 2, ISSUE 2 February 2015

GYM NEWS

• As you can see, Fastlane Fitness is truly up and running! For those of you who have not had a chance to get into the new facility, now is the time to check it out!

• To all of our new members, welcome! It's great to see a lot of new faces among all our familiar faces. To all of our old members, good to see you back ☺

• We have a new class schedule with new classes. You can view this on our website at www.fastlane.kiwi. Yoga and Pilates have also started, but we advise that you book in advance as there are limited numbers available. Crank (our cycling class) should hopefully be starting sometime this month, but we will keep you posted.

• Please don't hesitate to book yourself in for another assessment—it's a new year with new goals to achieve, and we want to help you get there!

**In this months
Newsletter:**

Gym news	1
Personal Training/ FitCamp	1
Milestones	2
Biggest User	2
Feed Zone News	3
Recipe	3

COACHING/ FITCAMP

We have 6 qualified Coaches, each with different qualities and experiences, ready to help you achieve your goals.

If you need expert guidance, more motivation, specific training or whatever it is that you need, book yourself in to see a coach to get to your goals faster.

If you've never had a Coach before and find it a little daunt-

ing, then why don't you do it with a buddy? It will be financially friendly and more fun!

Just a reminder that we also have Training Buddies, which includes 45minutes of a Coach guiding and challenging you with your current program, or the Workout Of the Week.

We are hoping to get our first **Fitcamp** of the year up and running, but to do so we need more numbers to be able to go ahead with it. There are 3 times to choose from and we need a minimum of 5 people per session for them to go ahead.

If you're interested and would like to find out more, please see George ☺



Well done to the Top Users of December 2014 and January 2015 since we opened as Fastlane! Congratulations to our first member to reach a milestone!

BIGGEST USERS

Top 15 DEC Users

Andrew M.	28
Ella M.	24
Chelsea P.	19
Anthony B.	18
Leon B.	17
Stephen H.	17
Dianne B.	16
Kerry H.	16
Katrina T.	16
Rauma N.	16
Linus P.	16
Michelle W.	16
Glen H.	15
Mark E.	14
Innes F.	14

Top 15 JAN Users

Andrew M.	33
Ella M.	24
Michelle W.	23
Mark E.	23
Ihaka C.	22
Innes F.	22
Leon B.	21
Julia R.	21
Karen C.	20
Fillipe O.	20
Kerry H.	20
Dianne B.	20
Mikey S.	19
Sean H.	19
Chelsea P.	19

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50th Workout
Andrew Maysek

"Every champion was once a contender that refused to give up

- Rocky Balboa

FEED ZONE

Have you visited Emily and Chris at the café yet?! If not, you need to! They have amazing Mojo coffee, refreshing smoothies and protein shakes, deliciously healthy home made salads, wraps and slices, heavenly granola AND they have just introduced scrumptious fresh juices!

Food and coffee is available up until 4pm during the week and 1pm on Saturdays. Smoothies and protein shakes can still be purchased after these times and on Sundays.

We have a new face in the café as well, Alice. You can visit her after your early gym session and may see her at reception to help check you in.

CAULIFLOWER PIZZA CRUST

Serves: 6

Prep Time: 15min

Cook Time: 30min

- 1/2 head cauliflower, coarsely chopped
- 1/2 cup shredded Italian cheese blend
- 1/4 cup chopped fresh parsley
- 1 egg
- 1 tsp chopped garlic
- Salt and pepper to taste

Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded. **Place** a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to boil. Add cauliflower, cover and steam until tender (about 15min). Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled (about 15min). **Preheat** an oven to 230°C. Line a baking sheet with parchment paper or a silicon mat. **Stir** cheese, parsley, egg, garlic, salt and pepper into cauliflower until evenly incorporated. Pour mixture onto the prepared baking sheet; press and shape into a pizza crust. **Bake** for about 15min or until lightly browned. **Top** with your favourite toppings 😊